

**Claims:**

I Claim:

1. A combined headband and ponytail retaining device, said device including:
  - a. a substantially cylindrical band portion
  - b. said cylindrical band portion having a circumference and a width
  - c. said circumference being stretchable so as to allow placement of said device around the head of a wearer
  - d. said cylindrical band portion incorporating an opening
  - e. said opening being of a dimension to allow the wearer's hair to be pulled through said opening

whereby the headband can be used as a combined headband and ponytail retaining device.

  
- 2. The device of claim 1 wherein said opening is created by making an elongated slit in the material of the cylindrical band portion with said slit being parallel to the circumference of said cylindrical band.
  
- 3. The device of claim 1 wherein said opening is created by attaching two ends of a substantially rectangular band of material to two regions along the circumference of the cylindrical band portion.
  
- 4. A method of wearing a headband with an opening along its band, said method including
  - a. placing the headband around the head of the wearer in the manner of an ordinary headband
  - b. reaching into the opening of the headband
  - c. pulling the hair of a wearer through the opening of the headband thus constraining the hair of the wearer within the opening of the headband

whereby the headband can be used as a ponytail retainer.

5. A method of wearing a substantially cylindrical neck warmer, said method including:
- a. wearing the neck warmer around the neck with an opening in the neck warmer positioned at the back of the wearer's neck
  - b. reaching through the opening and pulling the wearer's hair through the opening whereby the neck warmer can also double as a ponytail retainer.